

## Trail Blazers Tests the Water for World Water Monitoring Day

The 4-H Macomb County Trailblazers took part in the World Water Monitoring Day Project on October 14, 2006 at Memphis Park. World Water Monitoring Day takes place every year on Oct 18<sup>th</sup> but water bodies can be monitored and tested from September 18th through October 18th.

Results should be posted on or before October 18th. The water is tested for dissolved oxygen, pH (acidity), turbidity (clarity) and temperature. The results are then posted on the World Water Monitoring Website. ([www.worldwidemonitoringday.org](http://www.worldwidemonitoringday.org)).

This community service project took less than 30 minutes to do and was very educational. The club is also monitoring the Belle River and plans to add more sites next year. They purchased a kit that will do 50 tests from the website for about \$13.



*Submitted by Jim Ford  
Trailblazers 4-H Club*

*Leader Tracy DuBaere and members of Trail Blazers 4-H Club tested water at Memphis Park on Oct. 14 for World Monitoring Day.*

## Improving Communication with the 4-H Office

MSUE 4-H staff receives announcements from various sources daily. One of Roberta Busqueart's (4-H Secretary) main responsibilities is to disseminate information to 4-H families and leaders. We want to make sure you are receiving information that is important and of interest to you. Clubs, families and leaders can help this process by doing the following:

- Contact Roberta Busqueart, 4-H Secretary if your e-mail has changed.
- Designate a parent or teen leader to be the **club's communicator**. This person or people would then be responsible for sharing the information with families who are not on e-mail. Having a club communicator is especially important in the fall for new families who are not in the database yet and also if the leader does not have e-mail. We anticipate the database will not be current and complete with all new enrollments until January.
- Check out the Macomb County's 4-H web page monthly at [http://macombcountymi.gov/MSUEXTENSION/4H\\_Index.htm](http://macombcountymi.gov/MSUEXTENSION/4H_Index.htm).
- The website has many forms you can download, calendar of events, website links and much more.
- Make sure to read the "Family Notes;" it is packed with information. The Family Notes comes out every other month (odd numbered months ie, January, March, May, etc.) and is mailed or e-mailed to everyone registered with 4-H. If you do not receive one, please contact the MSUE 4-H office at 586-469-6431 so we can investigate the problem.
- Make sure your enrollment form is up-to-date. If you add or delete project areas, contact Roberta so she can make sure you receive information of interest.

If your club or family would like to share information with other 4-H groups, send the flyer or information to [Macomb4h@macombcountymi.gov](mailto:Macomb4h@macombcountymi.gov) or fax (586) 469-6948 or mail, attention to Roberta so she can forward it on.

## 2006-7 Club Officer Training

Club Officer Training will be held on Thursday, November 30<sup>th</sup> from 6:00-8:00 p.m. in the Senior Auditorium of the VerKuijen Building. **Dinner will be served.** After pizza and salad there will be a short all-group session followed by breakout sessions for the various offices. **We will end the evening with an ice cream social.**

Breakout sessions:

Presidents, Vice Presidents, Sergeants-at-Arms.  
Secretaries

Treasurers and the adults designated to work with them  
Historians and Reporters

If your club has another officer whose title is not mentioned above, s/he is welcome to attend the breakout session of his/her choice. Adult volunteers other than those working with the Treasurers are also welcome to attend any session.

**General Leaders should RSVP (with name and breakout session for each youth and adult participant) with Roberta by Wednesday, November 22nd.** We need this information to order the correct amount of food and prepare the correct number of officer packets.

# Club & Committee News

## AKC Canine Good Citizen Test Held at Wolcott Farm

September 16 was the annual American Kennel Club Responsible Dog Ownership Day. To celebrate (and fundraise), the Companion Animal Program Committee hosted an AKC Canine Good Citizen evaluation event at Wolcott Mill Farm Learning Center. Twenty-one dogs and handlers participated, including both 4-Hers and members of the general public, and 12 dogs passed.

In Macomb County, a passing CGC (or Therapy Dog International) evaluation must be earned for a dog to participate in nursing home visits. Members whose dogs passed the evaluation that day were Lauren Mullins, Allyssa Pichette, Jacob Bernard, Carly Maas, Brianna Wilkinson, Chelsea Malburg and Jonathan Mueller. Thanks to all those who helped stage the event, including members of the dog project clubs and the staff at the Farm Learning Center.

*Submitted by Nancy Duemling, K-9 & Ko, CGC Certified Evaluator*

## Above & Beyond Members Participate in Demonstration and Awards Day

My name is Nicholas and I am the reporter for one of the newest clubs to join the Macomb County 4-H Program. We call ourselves Above & Beyond. We are all from cities within the county and are based in Mt. Clemens.

We recently had the opportunity to participate in a big event together with the vocational training program we were all involved in. The Juvenile Employment Education Program (JEEP), a national award-winning program that received a National Association of Counties (NACo) Achievement Award for 2006, had its annual "Demonstration and Awards Day" on August 9th. This is where all the teens involved in the JEEP Program had the chance to show off what they've learned from their vocational programs to some of the most influential people in Macomb County, including Commissioners Keith Rengert and Bill Revoir, and the Honorable Antonio P. Viviano.

The summer JEEP vocational training program offered four different classes to the teens involved. Some participated in a Manufacturing & Marketing class where they made jewelry and tote bags and sold them to county employees and parents. Others were in the Food Services class where they worked in the kitchen and learned how to serve meals properly. There was a Fitness Training class that introduced the individuals to careers in the fitness career field.

Five of us were lucky enough to be placed in a Non-Profit Business class that centered on the development of our 4-H club. We decided that the focus of our club would be on Volunteerism and Community Service and were successful in raising over \$500 for the Make-A-Wish Foundation of Michigan. Further, we had the opportunity to set the foundation of our own 4-H Program for the future of our club.

*By Nicholas Walsh, Reporter  
Above & Beyond 4-H Club*

## The Cat Came Back



This picture was found at the Armada Fairgrounds after the 2006 Armada Fair. To claim it, call the 4-H office at (586) 469-6431 or e-mail [macomb.4h@macombcountymi.gov](mailto:macomb.4h@macombcountymi.gov).

## County Award Judges Needed:

Judging of the County Awards will take place on December 8<sup>th</sup> from 5:45pm-10:00 p.m. Dinner will be provided. If you are interested in being a judge, please contact Christine Miller at 586-469-6431 or via email at [Christine.Miller@macombcountymi.gov](mailto:Christine.Miller@macombcountymi.gov).

## Wichman Earns Award for Poster

Jordan Wichman, a member of K-9 & Kompany 4-H Club, won first place in the Junior Division for her educational poster at the 2006 State 4-H Dog Show. Congratulations, Jordan!

## Scaglione Entertains at Pine Meadows

Steven Scaglione of Trail Blazers 4-H Club helped five fellow club members entertain residents of Pine Meadows Assisted Living Center by putting on a talent show at the facility on June 19th.

**Find out about the November 7, 2006 Ballot Proposals  
at <http://macombcountymi.gov/msuextension>.**



# Club & Committee News

## Members Learn at MI Dairy Goat Society Fall Round-Up

On Saturday, September 30, Megan Senyk (School Section), Crystal Knust, Kara Lotan and Jenna Lotan (all of Northern Macomb) attended the 2006 Michigan Dairy Goat Society Fall Round up at the Shiawassee Fairgrounds. They attended clinics that were conducted by Michigan State University, MSU-Extension staff, and specialists in the field of goats. The girls participated in a skill-a-thon, learned about Goat Breed Comparisons and attended sessions on Diseases in Goats, Parsite Management Strategies, and learned how to stock a first aid kit for their animals. Kara brought a fecal sample from her goats to participate in the fecal lab set up by Dr. Joe Rook from MSU. After preparing their slides, they were able to use a microscope to look for parasites.

There was also an outdoor swap meet. The girls really wanted to take home an extra goat. But due to space, they settled for buying some smaller items, like organic goat milk soap and goat cookie cutters. Jenna was also able to purchase slightly used pack goat equipment. It was a long and cold day, but the girls learned about many aspects of goats, from skeletal parts to drugs used to control internal parasites, and they met some new goat leaders and members from around the state.

## A Little Tacky Cheers for Charity

On August 11, 2006, club members, families and friends of A Little Tacky 4-H Club joined forces to fight breast cancer by participating in the Breast Cancer 3-day. The club was asked to report to Carleton Middle School in Sterling Heights for a



*A Little Tacky 4-H club members helped cheer on participants of the Breast Cancer 3-Day. Participants of the event were committed to walking 20 miles a day for three days.*

six-hour span to cheer on the men and women walkers who were completing their first day of walking 20 miles. All walkers were committed to hiking 20 miles per day for three days for a total of 60 miles.

A Little Tacky displayed their spirit by giving the "high-five" to those entering camp. The day was full of emotion seeing the great number of walkers, those walking for friends or family members, and those afflicted by the disease. A Little Tacky is proud of their participation in this community service and plans to support the Breast Cancer 3-day Event next year.

## WEBSITE OF INTEREST

More than ½ million caring adults and youth across America are helping young people learn leadership, citizenship, and life skills through 4-H. Now there is a place where 4-H volunteers can connect with each other and find 4-H resources to help youth in their community. On [www.4hvolunteersusa.org](http://www.4hvolunteersusa.org), you can:

- Learn more about the 4-H movement
- Find out how to volunteer
- Locate 4-H events and conferences
- Download education youth development resources
- Watch videos about 4-H
- Link to great 4-H websites.

Visit [www.4hvolunteersusa.org](http://www.4hvolunteersusa.org) today!

## Ambassador Club

Who should attend the club meetings?

Youth 12 years old and older who:

- Are interested in community service
- Enjoy promoting 4-H at the county level
- Like to meet new friends and work on a team



Naturally, as an Ambassador you will become a role model for younger members in your club and community. A strong 4-H Ambassador works to promote community awareness, support, and participation in 4-H. Our next meeting is on Friday, November 3<sup>rd</sup> from 6:30pm-8pm at the MSUE 4-H office. We will be putting together a display board for our outreach event on Saturday, November 4<sup>th</sup>, at People, Pets and Vets at Macomb Community College-Center Campus. Please contact Christine at (586) 469-6431 or via email at [Christine.Miller@macombcountymi.gov](mailto:Christine.Miller@macombcountymi.gov).

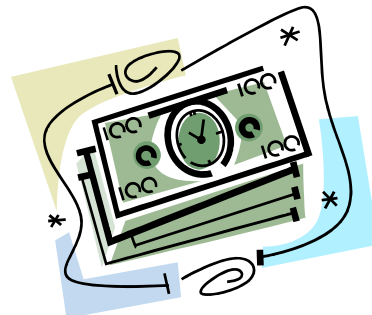
# Notes from the 4-H Office

## Scholarships available

4-H scholarships are provided to recognize meritorious 4-H work and to encourage 4-H members to continue their education beyond high school. Present and former 4-H members are eligible to apply. All applications are awarded on a competitive basis. Contact your county MSU Extension Office 4-H staff to obtain 4-H scholarship application forms.

### Criteria for Selection:

- 4-H involvement at county, regional, state and national levels
- Outstanding achievement in 4-H
- Broad range of 4-H experiences and project involvement
- Leadership and citizenship contributions both inside and outside 4-H
- Scholastic excellence
- Neatness of application
- Thoroughness in completing application requirements
- Financial need (applies only to some scholarships)



Program/Donor	Pursue Studies In	Deadline	Financial Value	Application Requirements	Eligibility Requirements
Schunk Memorial 4-H Beef Scholarship	Any field	December 1, 2006	\$1,000	Schunk Memorial 4-H Beef Scholarship Application AND 4-H beef participation for three or more years	College Freshman for Fall 2007
Alpha Gamma Rho (AGR) 4-H Scholarship	Agriculture & Natural Resources or related field	December 1, 2006	\$400	AGR 4-H Scholarship Application and 4-H club participation for one or more years	MSU undergraduate for Fall 2007
Michigan Rabbit & Cavy 4-H Scholarship	Any field	December 1, 2006	\$400-500	4-H Rabbit Scholarship Application AND 4-H rabbit participation for three or more years.	College Freshman for Fall 2007

## Forms Available Online



The following forms are available online at <http://macombcountymi.gov/msuextension/Clubs.htm>. Scroll down and click on "Forms."

- Annual Summary Financial Report
- Club Inventory Report
- Member Information
- Member Code of Conduct
- Code of Conduct Violation Report
- 4-H Club Community Service Report
- County Awards Forms
- Dog Project Books
- Fair Participation Forms
- Fundraiser Application
- Member Recognition Pin Request Form
- Member Record Book
- Participation Fee Information & Forms
- Program Participation Record
- Shared Project Permission Forms
- Scholarship Forms

## Deadlines Clarification

**Nov. 1** - Registration deadline for returning members who plan to show 4-H projects at the 2007 Armada Fair.

**April 1** - Registration deadline for new members who plan to show 4-H projects at the 2007 Armada Fair.

**May 1** - Registration deadline for members who plan to participate in Macomb County point shows (horse project).

**July 1** - Last day to register as a 4-H member or leader for 2006-07.



# Happy Thanksgiving

*Season's Greetings*  
*From the Macomb County*  
*MSU Extension 4-H Staff*



# Upcoming Events

## Teen Horse Leaders' Conferences

This workshop at Kettunen Center is designed for teen leaders who are involved with county 4-H horse programs. Participants will hear updates on current horse topics and learn about youth development, develop leadership skills, and discover new youth activities and opportunities beyond the county 4-H horse program. They will also exchange ideas and program information with teens from other counties, and share the information and experiences gained at this conference with other 4-Hers in Macomb County. Conference 1 will be held November 17-18. Conference 2 will be held November 18-19. The cost for each is \$35. Registrations must be received at the Macomb County MSU Extension 4-H Office by 5 p.m. on November 3, 2006. Contact Tina Fleming at (586) 469-6431 with any questions.

## 4-H Horse Judges & Superintendents Conference

Learn how to improve cooperation between superintendents and judges, increase the quality of horse show management techniques, and learn creative and innovative methods for making horse shows educational for young people. This conference will provide judges with updates in riding styles, class scoring, breed differences in events, and techniques for becoming better communicators with

show managers and youth exhibitors. This workshop will be held at Kettunen Center January 12-13, 2007 and is open to MI 4-H horse regular and conditional judges, Extension staff, 4-H horse judges advisory committee members, State 4-H Horse Show committee members and one horse superintendent or show manager per county. Registrants must be ages 19 or older. Registrations must be received at the Macomb County MSU Extension office by 5 p.m. on Contact Tina Fleming at 586-469-6431 for more information.

## 4-H Volunteer Tune Up Time

Learn new ways to get youth excited about learning January 12-13, 2007 at Kettunen Center. Improve your skills in designing and delivering activities that truly reflect "hands-on" learning. Explore new resources to build leadership skills for yourself and your members. Learn basic first-aid skills for use during 4-H programming while assembling a club or county first-aid kit that you will take home. Open to adult volunteers ages 21 and up.

## Peer Plus & Speak Out for Military Kids

Be part of a popular teen and adult workshop offered by Michigan 4-H Youth Development January 19-21, 2007 at Kettunen Center. The workshop is divided into several tracks for you to choose from. In Track 1, you'll participate in activi-

ties that help you learn about yourself and others. You will participate in community service activities and develop the leadership skills you need to carry out your projects. In Track 2, you'll discover the power to Speak Out for Military Kids or SOMK! You'll participate in mock-deployment and discover what Operation: Military Kids (OMK) is all about in Michigan. With your new knowledge and skills you'll create presentations to share with others at Peer Plus and in your home community. Track 3, you'll be part of peer helper program called "Helping Friends." You'll learn ways to help your friends, how to handle difficult issues and have fun in the process. This workshop is open to teens and adults ages 14 and up.

## 2007 Michigan Week Youth Photo Contest

Youth interested in submitting photos to a prestigious youth photo contest and documenting Michigan history through photography are invited to enter the 2007 Michigan Week Youth Photo Contest. Michigan youth, ages 9-19 as of January 1, 2007, are eligible to submit up to two photos each for the 2007 Michigan Week celebration. These photos can be two different perspectives of one historic site or two different historic sites. The submission deadline is February 15, 2007.

An historic site, for this contest, is any site that is 50 years old or older. Examples of historic sites are the Second Baptist Church in Detroit, Eaton County Courthouse, Whitefish Point

Lighthouse, Old Ore Dock in Marquette and Gagetown Barn in Tuscola County. There are thousands of sites in Michigan! You can photograph buildings (like firehouses or schools), structures (like bridges), areas (like neighborhoods or fairgrounds) and objects (like monuments).

Twelve photos will be selected to tour Michigan for one year as an exhibit. Eighteen photos will be selected as regional-winning photos. All 30 photos will be on the State of Michigan web site.

This contest is coordinated by Michigan State University Extension 4-H Youth Development, The Michigan Department of History, Arts and Libraries, and the Michigan History for Kids magazine. For more information, contact Christine Miller at (586) 469-6431 or go directly to the 2007 Michigan Week Web site at [www.michigan.gov/michiganweek](http://www.michigan.gov/michiganweek). In the left column, under "Michigan Week," click on "Youth Photo Contest."

## 4-H Rabbit & Cavy Show

**Saturday, Jan. 27, 2007**  
**Michigan State University MSU Pavilion**

Entry Fee: \$2.75/Class  
Open to all Michigan 4-H members ages 9-19 (as of January 1, 2007)

On-site registration begins at 6 a.m.

For more information, call Christine Miller at (586) 469-6431 or e-mail [Macomb.4h@macombcounty.mi.gov](mailto:Macomb.4h@macombcounty.mi.gov).

# Other News

## Radio Frequency Identification (RFID) of Youth Project Cattle

Starting March 1, 2007, Michigan will become the first state in the nation that will implement mandatory radio frequency identification (RFID) for all beef and dairy cattle. As of this date, cattle will need to have a RFID tag in place before movement from the premises. This includes cattle that are utilized as youth projects.

The requirement will help to provide assurance for food safety and security, and allow Michigan producers to maintain and expand export markets into other states and internationally. The mandatory Michigan RFID animal identification program will provide for faster tracking of animals for disease control and eradication, and will be very helpful in moving Michigan to a higher status in Bovine Tuberculosis (TB) eradication program. More can be found at [www.michigananimalid.com](http://www.michigananimalid.com) or by calling the Michigan Department of Agriculture at 1-866-870-5136.

## 2007 Children's Art Exchange

Every year, through the Michigan 4-H Children's Art Exchange, kindergartners to sixth graders are invited to send "visual letters" to children their own ages in China. Teaching kits to facilitate teaching about China and making art are available.

A selection of Michigan artwork is then sent to China as a gift to the children of China. The kit will be available for sign-out in early spring. The deadline for submitting artwork to the County 4-H Office is April 2, 2007. Call Christine Miller at (586) 469-6431 for more information.

## Deadline Extended

The deadline for ordering tickets for the November 19 "Celebrating MSU Extension's 4-H Youth Development at the Spartan Women's Basketball Game" has been extended to November 5th.

The game starts at 2 p.m. and the gates will be open at 12:30 p.m. MSU Extension 4-Hers, staff members, OMK youth and all of their families will have access to a special block of seats until 1 p.m. Tickets are FREE and parking is \$5 for cars. Call (586) 469-6431 to RSVP.



### Craft Workshop Update

The Communications and Expressive Arts Committee is looking for adults and youth that would like to volunteer to teach a class at the Craft Workshop in April 2007. If you are interested or know someone that might be please call Christine Miller at (586) 469-6431 by November 15<sup>th</sup> so classes can be determined.

## 4-H Calendar of Events

### County Events

#### November

- 1 4-H Club Registration, 9 a.m.-4:30 p.m.
- 2 Mini-Horse Committee meeting, 6:30 p.m., VerKuijen Building
- 2 Companion Animal Prg. Committee mtg., 6:30 p.m., VerKuijen Building
- 3 Ambassador Club meeting, 6:30-8 p.m., VerKuijen Building
- 6 New Volunteer Orientation, 6:15 p.m., VerKuijen Building
- 7 Office closed
- 8 Cat Project Meeting, 6:30 p.m., VerKuijen Building Senior Auditorium
- 10 Office closed
- 11 Comm. & Exp. Arts Prg. Committee mtg, 10:30 a.m., VerKuijen Building
- 14 Hort. & Envir. Ed. Prg. Committee mtg, 6:30 p.m., VerKuijen Bldg.
- 22-24 Office closed
- 30 Club Officer Trng., 6 p.m., VerKuijen Bldg.

#### December

- 13 Cat Project meeting, 6:30 p.m., VerKuijen Building.

Visit us on the web at

<http://macombcountymi.gov/msuextension/Clubs.htm>

### State & Other Events

#### November

- 4 People, Pets & Vets, 11 a.m.-3 p.m., Macomb Comm. College-Ctr. Campus
- 19 MSUE 4-H Women's Basketball, 2 p.m., MSU Breslin Center
- 19 Horse Banquet, 12 p.m., Location TBA
- 20 SE Region Leader Meet 2007, Bavarian Inn, Frankenmuth
- 24-28 National Congress, Atlanta, GA

### SE Region Leader Meet 2007

January 20, 2007  
Bavarian Inn, Frankenmuth  
Call 586-469-6431 for details.



#### 4-H Ski Day

Apple Mountain  
Sunday January 28, 2007  
10 a.m.-4 p.m.

Ski & Snowboard packages available beginning at \$24. All packages include lift ticket, rental pass & complimentary lesson. Pre-register at 888-781-6789 ext. 202

### Macomb County 4-H Staff

**Marilyn Rudzinski**  
County Extension Director

**Kathy Jamieson**  
4-H Youth Agent

**Tina Fleming**  
4-H Youth Educator

**Anne Crotser**  
4-H Youth Educator

**Christine Miller**  
4-H Youth Educator

**Karen Hakim**  
4-H NATURE Prg. Assistant

**Cheryl Printz**  
4-H NATURE Prg. Assistant

**Roberta Busquart**  
4-H Secretary

**Jan Gwozdz**  
4-H Mentor Coordinator

**Rachel Calcaterra**  
4-H Youth Educator

**Bee Brown**  
Americorps Member Program Assistant

**Kevin Lewandowski**  
Americorps Member Program Assistant

**Marcia Bloomfield**  
4-H Mentor Program Secretary

**Telephone:** (586) 469-6431  
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# ideas for parents

## Practical Suggestions for Building Assets in Your Child

### FAST FACTS

#### ASSET #27: Equality and Social Justice

*Youth are more likely to grow up healthy when they place high value on promoting equality and reducing hunger and poverty.*

**45%**

*of youth surveyed by Search Institute have this asset in their lives.\**

#### What Are Assets?

Assets are 40 key building blocks to help kids succeed. "Equality and social justice" is one of six positive values assets.

\* Based on Search Institute surveys of almost 100,000 6th- to 12th-grade youth throughout the United States.

## Worldwide Care

**A**s we watch the images on television of people starving or suffering from a terrible injustice, the pictures may stir something within us. But that stirring can easily go away once we turn off the television and walk away. It's hard to imagine what it's like to experience chronic starvation or a grave injustice.

Kids who are concerned about equality and reducing hunger and poverty may not know what life is like for those who suffer from these conditions, but they do know that it's a good idea to care for people—all people. They care about people they don't know, who live a world away and who may have many critical needs. They want to do something to make the world a better place.

Trevor Ferrell was 11 years old when he saw a news story about homeless people. That evening, he begged his parents to drive him to



downtown Philadelphia to hand out blankets and pillows to people with no homes to go to. The next night, he and his family delivered hot

food to people in the same neighborhood. By the time he was 16, he and his family had opened a 33-room shelter called "Trevor's Place," where homeless people could stay for a short time before eventually finding jobs and moving on to permanent housing.

"One person can make a difference," Ferrell says. "Just do what you can and follow your heart."

### Girls and Boys: Different Responses

Girls are much more willing than boys to promote equality and social justice, report researchers at Search Institute. Here are the percentages of boys and girls who say it is important to:

	Girls	Boys
<b>Help reduce hunger and poverty in the world</b>	<b>82%</b>	<b>60%</b>
<b>Help make sure all people are treated fairly</b>	<b>53%</b>	<b>33%</b>
<b>Speak up for equality</b>	<b>73%</b>	<b>57%</b>



### time together

Three ways to encourage your child to promote equality and social justice:

1. As a family, discuss your views about equality and social justice. Choose one cause to follow and help.
2. Gather information about organizations that help people who are poor, starving, or suffering from inequalities. Choose one to support.
3. Volunteer at a soup kitchen, homeless shelter, or food pantry.



## Questions to Ask

One way to promote equality and social justice is by giving your time, money, or talent to an organization that seeks to reduce hunger, poverty, and injustice. Before you do, however, Louis L. Knowles, author of *World Hunger Organizations*, suggests you find out the answers to these questions:

1. What's the organization's purpose?
2. What type of action does the organization do?
3. Who's in charge?
4. How does the organization relate to people in need?
5. Where does the organization's money come from?
6. Where does the organization's money go?
7. Who decides which justice projects to do?

## More Stuff You Can Use

Everyone Wins When Youth Serve shows how youth service enhances learning, instills values, and provides positive experiences. (Available from Search Institute, 700 South Third Street, Suite 210, Minneapolis, MN 55415; 1-800-888-7828.)

### Quick Tip:

Examine your attitudes about caring for those who suffer.

## talk together

Questions to discuss with your child:

- Which injustices in the world bother you most? Why?
- Would you be willing to give up certain foods if it helped provide food for hungry people? Why or why not?
- What can our family do about injustice, hunger, and poverty?

## Final Word

**"Stop injustice so our children may live and love and laugh and play again."**

**—Marian Wright Edelman, author and president of the Children's Defense Fund**

This newsletter and other asset resources are produced by Search Institute, 700 South Third Street, Suite 210, Minneapolis, MN 55415; 1-800-888-7828. Copyright © 1997 by Search Institute. Major support for Search Institute's *Healthy Communities • Healthy Youth* initiative is provided by Lutheran Brotherhood, a fraternal benefit society that specializes in insurance, annuities, and investment products.



# Healthy Bites



*Information To Improve the Selection and Use Of Foods In Your Home*

## *Family Food Shopping: Spend Less, Get More*

Volume XXV

You probably have your own ways to stretch your food dollar. That's great. Healthful eating doesn't cost more. It might even cost less!

### **Deciding What to Buy**

Buy a variety of foods from the Food Guide Pyramid. Grains cereals, breads, pasta, and rice tend to cost less than other foods. Your family needs the most servings from the bread and cereal group each day, too.

Choose smaller amounts of more costly protein foods. Beans cost less than other foods from the Meat Group. Buy the amount you need, not more. Then you won't throw food away.

### **Figuring Out Food Costs**

Check unit prices on store shelves usually below the food. They show the price per ounce, pound, quart, or some other amount. Unit prices let you compare brands and sizes to get the best buy.

### **Finding More Ways to Spend Less**

Buy foods from bulk bins if you can. They usually cost less because you don't pay for packaging and handling. And you only buy how much you need. Use coupons and sales for foods you really want. A food isn't a bargain if no one eats it! Check the price of foods in different forms. Foods may cost more if they're partly prepared. You decide if you want to pay more to save time in the kitchen.

Source: Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Svc



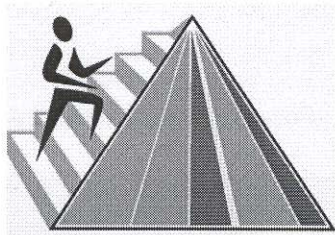
## **Smart Shopping Tips**

- ▶ Make a shopping list. Stick to it!
- ▶ Group foods on your list to match the store's layout. You'll shop faster. It's easier to remember everything, too.
- ▶ Try to shop after eating, not before. You may buy more when you're hungry.
- ▶ Shop when you have time to read labels and compare prices.
- ▶ Try to shop just once a week. It's easier to shop smart if you shop less often.
- ▶ Take food home right away. Refrigerate meat, chicken, and other perishable foods so they stay fresh and safe.

Source: Nutrition Newsletter for Parents of Young Children, USDA

## **\*\*WORD WISE\*\***

**[mypyramid.gov](http://mypyramid.gov)**



For current nutrition information to improve or enhance your diet look at this site. It is helpful for all ages.

Source: mypyramid.gov

## **\*\*APPLE CRUNCH\*\***

### **Ingredients**

- 8 medium cooking apples, peeled and sliced thin
- 1/3 cup flour
- 1 teaspoon cinnamon
- 1 cup rolled oats
- 1/2 cup brown sugar, packed
- 1/3 cup margarine
- Vegetable spray



Spray dish with vegetable spray. Place apples in a baking dish. In mixing bowl combine flour, cinnamon, oats and sugar. Sprinkle the oat mixture over the apples, press down lightly with a fork. Bake at 350° for 35 to 40 minutes. Calories 260, total fat 5 gram. Makes 8 servings

Source: ERIB

# Food Safety and “Bag” Lunches

To help parents and children combat food borne illness, USDA is providing the following tips to ensure the safety of “bag” lunches.



- 🍏 Washing hands is one of the most common ways to stop bacteria from spreading. The first step to good food safety is to wash your hands with soap and warm water for 20 seconds before lunches are prepared or eaten.
- 🍏 It is important to wash cutting boards, dishes, utensils, and countertops with hot, soapy water after preparing each food item.
- 🍏 Perishable foods like prepackaged lunch combinations that include luncheon meats with crackers, cheese and condiments should be kept cold by using freezer gel packs or a frozen juice carton. Insulated, soft-sided lunch boxes or bags are best for keeping food cold, but metal or plastic lunch boxes and paper bags can also be used. If using paper lunch bags, create layers by double bagging to help insulate the food.
- 🍏 For foods such as chili, soups and stew, use an insulated container. Parents should fill the container with boiling water, let stand for a few minutes, empty, and then put in the piping hot food. Keep the container closed until lunchtime so the food remains hot.
- 🍏 Pack only the amount of perishable food that will be eaten at lunch. That way, there won't be a problem about keeping leftovers safe. Preparing the food the night before and storing it in the refrigerator and packing the lunch in the morning can help keep the food cold longer.
- 🍏 Cross-contamination can occur by reusing packaging materials such as paper or plastic bags, food wraps and aluminum foil. At lunchtime, discard all used food packaging and paper bags; they might contaminate other food and cause foodborne illness. Also, discard perishable leftovers unless they can be safely chilled immediately after lunch and upon returning home.

## \*\*CHECK THE LABEL\*\*

Reading food labels can become a natural skill for you. Although it may take a little longer to shop at first, the benefits will be worthwhile.

For a Healthy Heart check the label. What kind of fat is present?

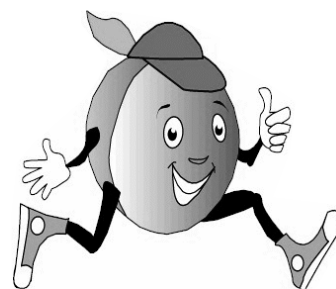
Nutrition Facts	
Serving Size 38 Crackers (30g)	
Servings Per Container About 5	
Amount Per Serving	
<b>Calories 130</b>	<b>Calories from Fat 25</b>
% Daily Value*	
<b>Total Fat 3g</b>	<b>4 %</b>
Saturated Fat 0.5 g	3 %
Polyunsaturated Fat 0g	
Monounsaturated Fat 0.5g	
<b>Cholesterol 0mg</b>	<b>0 %</b>
<b>Sodium 320mg</b>	<b>13 %</b>
<b>Total Carbohydrate 23mg</b>	<b>8 %</b>
Dietary Fiber Less Than 1 gram	3 %
Sugars 2g	
<b>Protein 2g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%
Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Source: USDA

## \*\*GIVE ME 5! TRIVIA

### Peaches

- Peaches have been grown since prehistoric times.
- It is believed that Spaniards brought peaches to the United States, Central and South America. The Spanish missionaries planted the first peach trees in California.
- The United States provides about one-fourth of the world's total supply of fresh peaches.
- Peaches belong to the rose family and are a good source of vitamin C.



Source: [www.fcps.edu](http://www.fcps.edu)



# How to Limit Tube Time and Get Your Kids Moving

Experts recommend that kids get no more than 1-2 hours of TV/computer/video games a day — most kids get 4-6 hours. You know your child needs to watch less TV but you're dreading the screaming, yelling and crying that may follow. First and foremost, remember YOU are the parent. You run the show and part of your job is to set limits. Here are some ideas about how to limit your kid's sedentary time.

- ⑦ Have a plan. Be prepared to offer alternative activities to TV or video games. You might consider family game night, shooting some hoops, walking the dog or exploring a nearby park.
- ⑦ Be active with your kids. Experts say that what kids want more than anything else is time with their parents. To give them that, don't just send them out to play—go play with them!
- ⑦ Don't position your furniture so the TV is the main focus of the room. Remove televisions from bedrooms.
- ⑦ Plan TV watching in advance. Go through the TV guide and pick the shows you want to watch. Turn the TV on for those shows and turn it off afterwards. Don't just watch whatever comes on next.
- ⑦ Avoid using TV as a reward or punishment.
- ⑦ Practice what you preach. Your kids won't accept being restricted to two hours of TV watching if you can veg out for four hours. The best way to influence your kids' behavior is through example.

**Remember, you can do it! Be strong, have a plan and don't back down. Your child's health is worth fighting for.**



[www.americanheart.org](http://www.americanheart.org)

## Check our Web site:

[macombcountymi.gov/msuextension](http://macombcountymi.gov/msuextension)

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues



Copy cats permitted!



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For more information or questions regarding food and nutrition, contact us!

**MSU Extension - Food and Nutrition**  
21885 Dunham Road, Suite 12  
Clinton Township, Michigan 48036  
Phone: 586-469-6432



# *Southeast Region* **4-H LeaderMeet** **2007** *New Faces & New Ideas*

**SESSIONS V (2 hours)**

**1:15 – 3:15 pm**

## **T. Hey, What is a Certified Teen Naturalist?**

Experience fun, outdoor hands-on activities of *discovering and doing, investigating and understanding and applying what you know*, for learning about plants, animals, water, or landscapes and for enjoying the outdoors. Contribute to the development of the 4-H Naturalist Program by experiencing "pilot" activities and offering your ideas. Be prepared to go outside! Handouts provided to launch "pilot" activity ideas with your club.

## **U. Where is the Future of Your 4-H Club?**

Planning for the future of your 4-H group in an interactive, engaging group process is all part of strategic futuring. Learn about why having a strategic plan for your 4-H group, committee or county may be useful.

## **V. Keeping Kids Safe On-line**

When a child is using your computer, normal safeguards and security practices may not be sufficient. Children present additional challenges because of their natural characteristics: innocence, curiosity, desire for independence, and fear of punishment. You need to consider these characteristics when determining how to protect your data and your child.

**SESSIONS VI (1 hour)**

**2:30 – 3:30 pm**

## **W. What is a Citizenship Academy?**

Take a look at one example of how teens can "learn by doing" in government/citizenship education. The 4-H Citizenship Academy, sponsored by the Genesee County Board of Commissioners and 4-H may give you some ideas on how 4-H members, schools and government officials can work together to help youth make informed community decisions.

## **X. Speak Out for Operation Military Kids**

Speak Out for Military Kids (SOMK) is an educational program designed to raise the awareness of issues facing military families. Through youth-led simulations, interviews, and research participants find out first hand what military families go through. Find out how to start and Operation Military Kids program in your county.

## **Y. Keep Clovers Sprouting**

Same description as session C.

## **Z. Financial Management for 4-H Groups**

Did you know that all clubs have to have an EIN if they have a bank account or that clubs or groups must have their fundraisers approved before they hold them? If this is news to you then this session is for you. Learn about Michigan 4-H's financial guidelines, including fundraising, EIN numbers, financial reports, audits, sales tax and what should be in your meeting minutes and much more.

## **AA. Jump Into Foods & Fitness**

Newly-revised to reflect updated USDA MyPyramid guidelines, MSUE's Jump into Foods and Fitness (JIFF) curriculum contains eight hands-on active-learning lessons to help youth make healthy eating choices and build active lifestyles. Adults and older teens use this research-based curriculum to teach youth (aged 8 to 11) about nutrition, physical fitness, and food safety.

## **BB. Hands-On Science Experiences for All**

Here is a chance to explore the wonderful world of science in a fun, hands-on way. Children have a tremendous sense of curiosity and they can help us rediscover the wonders of our world through a child's eyes. In this session you will gain ideas for continuing this approach to discovery learning back home.



# **South East Region 4-H LeaderMeet**

**January 20, 2007**

**Frankenmuth Bavarian Inn**

## **Schedule:**

8:30-9:00	Registration
9:00-9:20	Welcome
9:30-10:30	Session I (1 Hr. Class)
9:30-11:30	Session II (2 Hr. Class)
10:45-11:45	Session III (1 Hr. Class)
11:45-1:00	Lunch
1:15-2:15	Session IV (1 Hr. Class)
1:15-3:15	Session V (2 Hr. Class)
2:30-3:30	Session VI (1 Hr Class)

## **Sponsored by:**

MSU Extension,  
Michigan Association of  
Extension 4-H Youth Staff, &  
Southeast Region 4-H Councils

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January 20, 2007, Frankenmuth Bavarian Inn, Frankenmuth, MI







Session	I	II	III	IV	V	VI
1st						
2nd						
3rd						

**SESSION CHOICES:** Indicate by class letter your first 3 choices in either 4 one-hour sessions or 2 two-hour sessions or some combination. Note Sessions II and V are two hours.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_

## SE Region 4-H Leader Meet 2007 Registration Form

Registration deadline: January 5, 2007

Please complete, detach and return registration form with payment...



**Payment options:**  
S.E. Region participants: \$25.00  
Non S.E. Region participants: \$30.00  
Checks payable to: MSU Extension  
Mail registration form and payment to:  
MSU Extension-4-H  
21885 Dunham Suite 12  
Clinton Township, MI 48036

### SESSIONS I (1 hour)

9:30 - 10:30 am

#### A. Ice Breakers & Team Building for 4-H Groups

Gettling groups motivated to work like a team can be challenging or it can be fun. Learn some tips and techniques you can use with clubs, committees, teens or youth. Great for teens leaders and camp counselors too.

#### B. Youth Councils

Is the youth voice heard in your county program? This session will cover how to work effectively as a youth councils and committee, what roles adults should play and much more.

#### C. Keep Clovers Sprouting

Keep Cloverbuds sprouting with new ideas, including curriculum. It is always a struggle for youth to understand why they cannot do what the older kids are doing. Learn how to make special activities just for your Cloverbuds.

#### D. Blowing Off Steam: Stress Management in 4-H

It always seems there are more things to do and less time to do them, which can lead to a lot of stress. Learn techniques for stress management that you can use by yourself, with your 4-H club and your own family.

#### E. The Wonderful World of Work

Come explore the many career resources available through MSUE and beyond. Gain tips on interviewing, writing resumes that rock, and participate in career activities you can share with your club.

### SESSIONS II (2 hours)

9:30 - 11:30 am

#### F. Exploring 4-H Shooting Sports

Join 4-H Volunteers and staff from the county and state 4-H offices as they answer your questions and share the ins and outs of the Michigan 4-H Shooting Sports Program. We're all about *learning by doing*, so don't expect to just sit quietly and listen!

#### G. Making the Best Club Better

Building foundations to successful 4-H programs. As the primary delivery method of 4-H, clubs provide volunteers and members with unlimited opportunities for learning, relationship building and fun. Make the most of your club.

### H. Right to Farm for 4-H Projects

All livestock owners in Michigan, including 4-H project owners, have a responsibility to comply with Michigan's environmental regulations. Come experience the MSU Extension Equine AOE team's train the trainer program to help teach 4-H youth about environmental stewardship in a hands-on manner.

### SESSIONS III (1 hour)

10:45 - 11:45 am

#### I. Michigan State 4-H Awards

You've worked hard now its time to show it off. The Michigan State 4-H Award program is a great place to showcase all of the things you have done in 4-H. Get hints and examples on how to put a State Award Application together. You will take home copies of forms that have won, examples of interview questions, and have the opportunity to ask questions. Every 4-H'er can be a winner.

#### J. So You're New to 4-H, What's Next

Why do some clubs thrive and others fail? Ideas to get your club off to the best possible start or make an existing club even better. This session will provide a road map for you as a new teen leader or 4-H volunteer.

#### K. Stamp You Way Into Community Service

Each participant will make & take a holiday placemat and trivet for holiday enjoyment! Great club project for your next community service project. Stamped fleece can be used for a variety of different items such as lap blankets, pillows, ponchos, no sew hats, mittens, and scarves popular with local shelters and Ronald McDonald centers. The possibilities are endless! This adds a new twist to the plain old no sew fleece project.

#### L. From One Non-Photographer to Another: Photo Tips & Tricks

This session helps non-photographers get familiar with basic digital camera capabilities, offers easy-to-remember photo composition tips, shows ways to rescue photos through editing software, and takes some of the mystery out of pixels and dots per inch. Presented by a non-photographer who often needs to turn out a decent picture. Bring your digital camera for some hands-on practice

### M. Bavarian Culture

Learn about what makes Frankenthuth the little Bavaria of Michigan. Outfitted with hats, you will be transformed into German bakers, learning the art of pretzel making and reaping the rewards of your experience by eating your piping hot pretzel.

### N. Risk Management for 4-H Groups

Risk management is more than buying insurance and preventing lawsuits. In this session, you will learn to plan for the unexpected and how to become proactive in addressing potential challenges.

### LUNCH

11:45 am - 1:00 pm

### SESSIONS IV (1 hour)

1:15 - 2:15 pm

#### O. Teens Leading the Next Generation of Clovers:

What is a teen leader? Teens often become role models and mentors to younger 4-Hers. Learn about the value of teen leadership, how make to use teen leaders effectively in your club and county.

#### P. Stamp You Way Into Community Service

Same description as session K.

#### Q. From One Non-Photographer to Another: Photo Tips and Tricks

Same description as session L.

#### R. Gardening and 4-H Clubs

Grow with 4-H Gardens, a 4-H horticulture project can help kids explore plant growth, soils, plant varieties and gardening techniques. Introduce your groups to the magic of the earth and help them harvest a bushel full of knowledge.

#### S. 4-H and Mentoring, What's the Connection?

Michigan 4-H Youth Development has embarked on an initiative that focuses on planned mentoring as an important and promising means for achieving our mission of positive youth development. In Michigan, interest in mentoring as an effective strategy for supporting at-risk youth is at an all time high. Learn more about how to start a 4-H mentoring program in your county.